



SENIOR CITIZENS ADVISORY BOARD AGENDA

Tuesday November 16, 2010 • 8:30 A.M. • San Bruno Senior Center

WELCOME TO OUR ADVISORY BOARD MEETING . . .

If you wish to speak on an item under discussion by the Board and appearing on the agenda, you may do so upon receiving recognition from the Board Chair. If you wish to speak on a matter not appearing on the agenda, you may do so during PUBLIC DISCUSSION. Please state your name and address; if you are representing an organization, please state the name of the organization.

In compliance with the American Disabilities Act, individuals requiring accommodation for this meeting should notify us **48** hours prior to the meeting (616-7150).

CALL TO ORDER (NOTE: State Law, known as the “Brown Act”, prohibits the Advisory Board from discussing or acting upon any matter that is not on the agenda. Non agenda issues, raised by members of the public or by the Advisory Board, may, at the discretion of the Advisory Board, be scheduled for consideration at future meetings.)

APPROVAL OF MINUTES

A. TREASURER’S REPORT October 2010 – pg. 1

B. SUGGESTION BOX:

C. UNFINISHED BUSINESS:

D. COMMUNICATIONS:

E. STAFF REPORTS:

1. Senior Center Participation – **pg. 2**
2. **Mary E. Tessier** – October Recreation Report – **pg 3**
3. **Susan Mrsny** – October Outreach Report – **pg. 4**
4. **Gloria Deeter** – October Nutrition Report – **pg. 5**
5. **Mary E. Tessier** – October Class Participation Report – **pg. 6**

F. COMMITTEE REPORTS

1. Program Committee
 - a. Minutes of the November 8, 2010 Meeting – **pg. 7**
 - i. **Recommendation to hold a presentation by the Legal Aid Society, which will include information on “Financial Safety for Seniors”.**
2. Special Events Committee
 - a. Minutes of the November 1, 2010 Meeting – **pg. 8**

G. NEW BUSINESS:

1. Consideration of a mural honoring and in memory of the people who were impacted by the Glenview Area Fire - “Live for Today” painted by Manuel Catania.

H. PUBLIC COMMENT ON ITEMS NOT ON AGENDA:

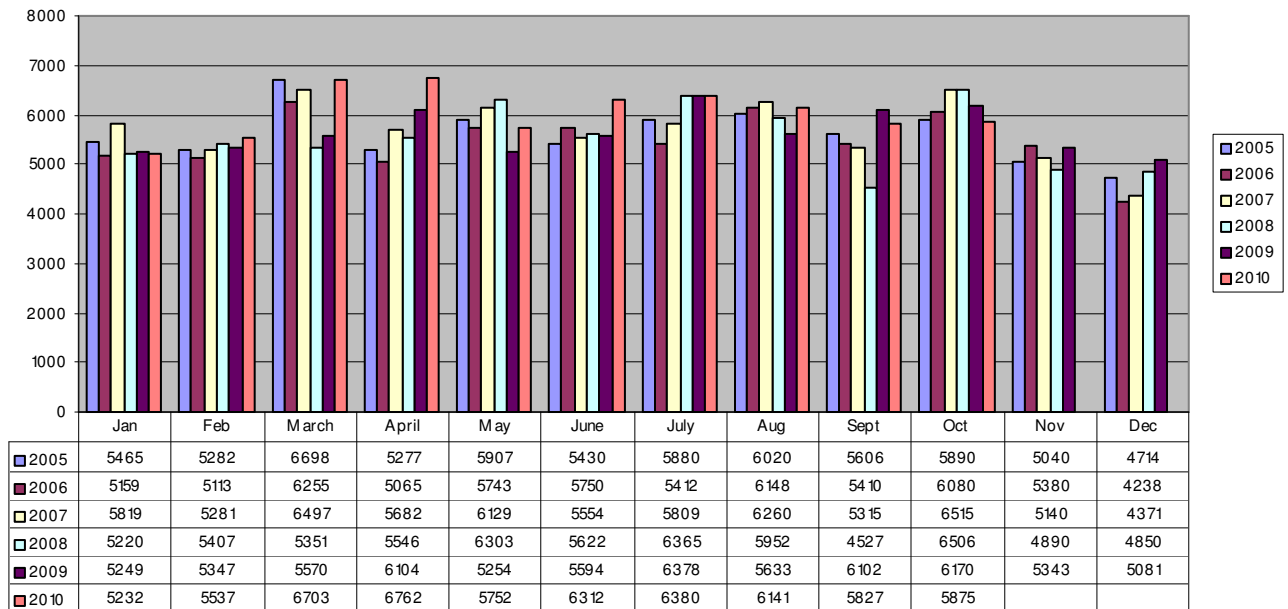
I. ADJOURNMENT:

***** POSTED PURSUANT TO LAW *****

**SAN BRUNO SENIOR CENTER
FINANCIAL REPORT
October 2010**

Checking Account Balance 9/30/2010	\$ 54,783.55	
Income checking account	\$ 0.41	
Fee	<u>\$ (5.00)</u>	
Checking Account Balance 10/31/2010		\$ 54,778.96
Amount held at City of San Bruno 9/30/2010	\$ 70,164.12	
Deposit made to City account	\$ 722.45	
Amount held at City of San Bruno 10/31/2010	<u></u>	\$ 70,886.57
TOTAL NET WORTH		\$ 125,665.53

Senior Center Participation



DATE: November 4, 2010
TO: San Bruno Senior Citizens Advisory Board
FROM: Mary E. Tessier
SUBJECT: Recreation Report

October

10/1/10: Octoberfest: 115 people enjoyed music and dancing to Roy Kaufman's Oompa Band and a polish sausage and sauerkraut lunch.

10/11/10: Italian Festival: 125 people celebrated this occasion with music and dancing to the "Bob Gutierrez Band". After the dancing everyone enjoyed an Italian feast.

10/13 & 15/10: Driver Safety Program: 10 people attended this eight hour class sponsored by AARP.

10/26/10: Halloween Mystery Trip: 19 people attended this trip to Half Moon Bay, which included stops at Pastorino's Pumpkin Patch, La Nebbia Winery and the Half Moon Bay Nursery. The Senior Center bus provided transportation to and from San Francisco.

10/29/10: Halloween Party: 185 people attended this event, which included dancing and music with "Have A Party Pros", Costumes and a delicious Spaghetti & Meatballs Lunch.

Softball League: On 10/14 the Senior Softball team traveled to Redwood City for a game and lunch at the Senior Center.

Billiards: On 10/28 technicians from Sequoia Billiards installed new pockets and leveled one of the tables. The company kindly donated the pockets so that the entire service only cost \$85.

DATE: November 5, 2010
TO: San Bruno Senior Citizens Advisory Board
FROM: Susan Mrsny
SUBJECT: Monthly Outreach Report

Information/Referral: During the month of October (65) Sixty-Five individuals were assisted with a variety of information and referral needs.

Housing: Eight individuals were referred to Human Investment Project. (HIP)

Health: Five individuals had questions pertaining to Home Health Agencies on how to hire a caregiver for a loved one, as well as questions on Dementia and Alzheimer's.

Legal: Four referrals were made to Legal Aid Society of San Mateo.

Referrals to Social Worker:

Three people were referred to San Mateo County Social Worker with questions and concerns.

Community Outreach:

Twelve people were assisted on an individual basis through residential outreach. The assistance involved work with Lifeline, conferring with Home Health Agencies, Meals on Wheels, as well as a consultation with a family member. Visited one of the fire victims from the Glenview fire, at a skilled nursing facility. Many outreach phone calls to individuals of the Glenview fire area.

Shopping/Food:

Two individuals with frailties were assisted with shopping needs through a program called S.A.S.H. (Shopping Assistance for Seniors who are Homebound), as well as referrals to Second Harvest Food Bank. This program provides a supplemental bag of groceries for low-income seniors.

Insurance:

Three people were assisted with questions and concerns regarding medical insurance and Medicare, as well as Long Term Care Insurance.

Information/Referral:

Twenty-Eight people requested assistance with a variety of questions. Many referrals were made for Transportation issues, Minor Home Repair Program, Notary referral, Tax Assistance. Attended the Town Hall Meeting for the Glenview Fire Victims, Long Term Recovery Update.

November 9, 2010

City of San Bruno
San Bruno Senior Center
October 2010
Advisory Report
Nutrition Program

The nutrition site had 126 volunteers to run the nutrition program. We received a total of 2965 volunteer hours for the month of October. The lunch program served a total of 20 days in October. In October, the program served a total of 2110 hot meals and salads from the salad bar.

There were 96 food donations from the Nutrition Site Outreach program, they were to the St. Vincent de Paul, Fire House, A.C.R.C., San Mateo County Teachers Assoc., San Bruno Park Dept., Primrose House, San Bruno Garbage Company, San Mateo County Kaiser Nurse Org, Saint Bruno Church.

Events in October

Friday October 1, 2010 – Octoberfest, 108 people enjoyed this special events

Monday October 11, 2010 – Italian Festival, 134 people attended the festival

Friday October 29, 2011 – Halloween, 160 came to this fun and exciting costume party

Promotional Tuesday, not only will it be “Dance Tuesday” but also \$1.00 day donation for lunch, 432 people enjoyed this special Tuesday for the month.

Gloria Deeter and the Nutrition Site volunteers created the meals in October

Upcoming Events in November

Friday November 5, 2010 – Happy Hour Turkey Dinner

Friday November 19, 2010 – Thanksgiving Party

Promotional Tuesday, not only will it be “Dance Tuesday” but also \$2.00 day donation for lunch,

Gloria Deeter and the Nutrition Site volunteers will create the meals in November

Gloria Deeter,
Nutrition Site Manager

													October-10																
	Mon				Tues				Wed				Thurs				Fri					Sat					Sun		
	4	11	18	25	5	12	19	26	6	13	20	27	7	14	21	28	1	8	15	22	29	2	9	16	23	30	3	10	17
Hiking	17	18	18	13					14	15	12	15					13		15	8	10								
Western Line					10	9	11	7	36	39	40	49																	
Pilates	22	22	22	25																									
Ballroom Dance/Line					9	9	5	8					19	18	17	15											33		
Aerobic Exercise	30	26	27	28	34	34	36	44	23	24		23	23	24	20	23			2	10									
Tap Dance		13	9	14													5		4	5	5								
Tai Chi									10	8	8	8																	
Yoga	23	22	24	21					20	21	20	16	21	16	19	22													
Jazz/Wii Bowling		3		2					3		5																		
Softball/Ping Pong													18	12	16	15				8									
Bocce	48	44	46		44	46	46										47	46	46										
Horseshoes									15	16	16	16																	
Special Event		125															115	C		185									
Pool	16	16	16	17	17	17	15	12	16	14	20	18	14	17	16	18	18		17	17	17								
Armchair Travel	10	11	8	10													L												
Wings Over Italy	10	9	8	8																									
Spanish					21	18	20	20									O												
Computers	7	7	11	11	10	7	9	7	11	18	16	8	9	9	12	4	5			5	8								
Politics									13	12	14	15					S												
Writing													9	12	11	8													
Oil Painting													20	16	19	18	E												
Gardening																	8		8	15	9								
Movie/Singing																	10	D	13										
Ceramics	16	14	16	14																									
Knitting/Stained Glass									15	12	13	13					10		4	9	8								
Bridge																	4			4	8								
Health/Flu Shots/Spkr	6	7	6	7		15			10		1										20								
Driver Safety									10										10										
Tax/Haircut									8		8																		
Support Group/HICAP					2	2		3					4	2	1	4													
Pedro													44	52	44	48													
Ukulele					8	7	3	8																					
Bingo	52	51	52	63					75	71	72	67	164	160	120	136	75		54	65	80								
Trips								73																					
Birthday Club						53																							
AARP														14									100						
Total	257	388	263	233	155	164	198	182	259	270	244	249	345	338	309	311	310	46	173	146	350	0	100	0	0	0	33	0	

Draft

PROGRAM COMMITTEE

November 8, 2010

Members in attendance were Barbara Luzaich and Carmen Attard. Mary Tessier was in attendance and took the minutes.

1. Minutes for the October meeting were approved as written.
2. **The movie** for the month will be "Toy Story 3" with the voices of Tom Hanks and Tim Allen. The committee also recommended the documentary "Babies" for another month.
3. **Programs:** Wendy told Yenis that her Wednesday night Zumba class needs to be an Adult Recreation Class at the 35%/65% split and she decided to discontinue the class. Recently, however, Yenis told Mary that the class members encouraged her to continue the class, so Mary gave her Danielle's contact information at the Recreation Center to get more information about all the fees and splits to make a final decision. The Very Beginner Tap class with Rosalie has no students. The Sing-Along group may lead some Christmas Carols before the Holiday Party on December 17th. Carmen discussed the set-up for the Craft Room at the Holiday Boutique, which will be held on November 27th. Mary will work with the set-up staff to prepare the room for the Craft group.
4. **Presentation:** The Alzheimer's Association will lead a presentation on "Maintain Your Brain" on November 10th. Mary shared information on the AARP "Wise Up on Meds" Program in a Box. The Committee thought we should order this free kit. The Staff Attorney for the Senior Advocates Program at the Legal Aid Society would like to do a presentation on their program. ***The Committee recommends that we hold a presentation by the Legal Aid Society, which will include information on "Financial Safety for Seniors".***
5. **Flu Shots:** The Sutter VNA administered 31 flu shots on November 2nd.

The next Program Committee meeting will be Monday DECEMBER 13, 2010 at 10:00 a.m.

SPECIAL EVENTS COMMITTEE

November 1, 2010

Members in attendance were Raoul Epling, Barbara Luzaich, June Wydler, Jackie Oberzire and Marie Samora. Mary Tessier was in attendance.

1. Minutes from the previous meeting were accepted as written.
2. **Sunday Programs:** The First Sunday Line Dance in October had 33 people. 68 people attended the Third Sunday Dance in October. There were 89 people at the Last Sunday Dance. Several people wore Halloween costumes. Mary has been advertising the Ballroom Dances on cable T.V. In December the Third Sunday Dance will be held on the Second Sunday so that we can schedule a floor waxing.
3. **Trips:** Jackie's October Cache Creek trip had 53 people for a profit of \$602. The Thunder Valley trip in November has 22 people signed up. Jackie's casino trips will increase by \$2.00 next year to match an increase by the bus company. June has 42 people signed up for the December Reno trip. The "Spring Fling" trip to Colusa will be March 20-21, 2011. Dorothy has a trip to the "Forever Tango" Show in January. Barbara's Reno trip in November has 25 people so far.
4. **Birthday Club:** There were 53 people at the Birthday Club in October for a profit of \$100. 46 people are signed up for November so far.
5. **Happy Hour:** The next Happy Hour is scheduled for Friday, November 5th. Dinner will be turkey and stuffing. The "Full House" Band will provide the entertainment.
6. **California Cowboy Party:** The "Fred McCarty" Band is available for \$1,000. The "Polka Cowboys" have not been priced yet. These bands sound more traditional country than the CA Cowboys.
7. **Italian Festival:** This event went well, except that Al Fabrizio forgot to show up. Luckily, Bob Gutierrez was able to play longer. Al would like to come back on another occasion.
8. **New Years Party:** The party will now be an "End of Year" Party and will be held on Wednesday, December 29th. The "Knights of Nostalgia" Band has been booked. The Advisory Board approved that we use plastic tablecloths and whatever decorations are left from last year. The price will be lowered to \$10 in advance, but will remain \$15 at the door to encourage people to buy ahead. This will make planning easier. We will use black & white plastic tablecloths and real plates and silverware. Big BINGO and Western Dance will need to start at 1:30 PM on that day. We will hire Rigoberto to clean after the party and set up for the Sunday Line Dance.
9. **The next Special Events Meeting will be on Monday December 6, 2010 at 1:00 PM.**